

Department of Health Programs for Mothers and Children

Baby Health Line	1 800 MOM-BABY (1 800-606-2229)
Asthma Program	202 727-7449
Better Asthma Management for Children Program	202 682-5864
Child Care Resource and Referral Service	202 387-0002
Child Care Subsidy Program	202 727-0284
Child Day Care	202 727-0284
Child Help Crisis Hotline	1 800 4-A-CHILD
Children With Special Healthcare Needs	202 675-5218
Home Visiting Program for Newborns	1 800 MOM-BABY (1 800-606-2229)
Newborn Genetic Screening Program	202 727-7449
Newborn Hearing and Screening Program	202 727-7447
Sickle Cell Program.....	202 727-7650
DC Healthy Start (Maternity Outreach Mobile).....	202 645-4174
Early Intervention Health Services Hotline for Children 0-3yrs	202 675-5400
Healthy Babies	202 396-2809

Bureau of Epidemiology and Health Risk Assessment

DC Linkage and Tracking System	202 442-5400
(Program for Children 0 to 8 years)	

Preventive Health Services Administration

Immunization Program	202 576-7130
Breast and Cervical Early Detection Program	202 442-5900
(Project Wish)	

Environmental Health Administration

Lead Poison Control	202 535-1934
Radon / Air Quality Control	202 535-2302

D.C. WIC offers many special benefits to our breastfeeding mothers:

- Breastfeeding Peer Counselors
- Beautiful Beginning Club meetings for pregnant or breastfeeding mothers and family members
- Gifts to promote breastfeeding
- An enhanced food package for breastfeeding mothers
- Manual or electric pumps may be available when mothers return to work or school, or in cases of illness of the mom or baby.

WIC mothers can receive benefits for as long as a year after giving birth if they continue to breastfeed. Non-breastfeeding mothers only continue on the program for six months after birth.

Did you know...?

- Mother’s milk is the perfect food for babies.
- Breastmilk changes at each age and stage of your baby’s growth to provide the nutrition he needs.
- Colostrum, the milk right after birth, is your babies’ first immunization.
- Antibodies in breastmilk help keep breastfed babies from getting colds and ear infections.
- That you can do it!

Special thanks to: Khalil Kelly, Camela North and young Khalil Kelly; Delchristoff and Jose McGree; Aynmarie and Silver Nelson; Gift and Michael Abatan; Alish Hopper Meisner and Tomas Mesiner; Maria Portillo Desolorzano; Dawn and Logan Colvin; Ronald II, Myrah, Shelia and Patterson Sr.; Monique Spann and David Brown; Cynthia and Lacey Mc Ewen; Bebora Ngongang and Peule Hillary Ngike-Nya; and Kimberly Johnson Gales, Justin Johnson and Nakeya Johnson Gales.



WIC mom and dad from Northwest D.C. with their son. “I breastfed both of my children because it’s healthy and convenient for you and your child.”

Tips for Breastfeeding Success

- Nurse as soon as possible after delivery.
- Breastfeed your baby every 2-3 hours, or 8-12 times a day.
- Do not give bottles of water or formula.
- *If you have questions, concerns, or are in pain, speak to a nurse, lactation consultant or your WIC Breastfeeding Peer Counselor. Breastfeeding should NOT hurt.*

February

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2 Groundhog Day	3	4	5	6 Give Kids a Smile Day	7
8	9	10	11 Beautiful Beginnings Club Meeting	12 Lincoln's Birthday	13	14 Valentine's Day
15	16 Washington's Birthday	17	18 Beautiful Beginnings Club Meeting	19	20	21
22	23	24	25 Ash Wednesday	26	27	28

29

February is National Children’s Dental Health Month: When your baby is six months old or gets his first tooth, gently wipe off his gums with a small piece of damp gauze or cloth after eating to promote healthy teeth and gums.

Northwest D.C. dad with his beautiful breastfed WIC son.



Fathers Supporting Breastfeeding

Dads, your help and support mean a lot to Mom and your new baby. Here are ways you can show them how much you care!

- Tell Mom you're proud of her for breastfeeding.
- Bring Mom something to eat or drink while she's nursing.
- Help her get comfortable.
- Help out with grocery shopping or other chores.
- Give your baby a bath or cuddle with him.
- Spend time with the older children.

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 St. Patrick's Day	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

March is National Nutrition Month: A balanced diet can give you more energy, help you maintain a healthy weight and avoid chronic diseases. Speak to your WIC nutritionist for more information.

WIC mom and Beautiful Beginnings Club volunteer from Northwest D.C. breastfeeding her daughter.

“Everything the human body needs, God provides through breastmilk. People are often surprised to see how healthy [my daughter] is, and she’s been exclusively breastfed.”



Beautiful Beginnings Club

The Beautiful Beginnings Club is for pregnant and breastfeeding WIC moms, friends and family. WIC Breastfeeding Peer Counselors hold monthly meetings on a variety of topics, answer questions, and provide gifts to support breastfeeding moms. Membership in the Beautiful Beginnings Club is FREE. Find out more and get a schedule at any D.C. WIC site, or by calling 1-800-345-1WIC for more information.

April

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3
---	---	---

National Infant Immunization Week: Help your baby build a strong immune system; breastfeed and immunize your baby.

4 Palm Sunday	5	6 Passover	7	8	9 Good Friday	10
11 Easter Sunday	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



WIC mom from Southeast D.C. cuddling her exclusively breastfed son.

Prepare for Breastfeeding Success

- Before your baby is born, learn about breastfeeding from classes at WIC or a local clinic or hospital. If possible, talk to a friend or family member who breastfed.
- Speak to your WIC Breastfeeding Peer Counselor if you have questions or concerns. Most breastfeeding problems can be solved quickly and easily.
- Trust yourself and your body—women have been breastfeeding since the beginning of time!
- Let health care providers know you plan to breastfeed.

M a y

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*National Women's Health Week: Women, make sure you are taking time to take care of yourself!
Remember to keep appointments with your doctor and at your WIC clinic.*

1
WIC Farmers' Market Program Begins

<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i> Mother's Day	<i>10</i>	<i>11</i>	<i>12</i> Beautiful Beginnings Club Meeting	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i> Beautiful Beginnings Club Meeting	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i> National Missing Children's Day	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i> Memorial Day					

Mother from Northwest D.C. with her exclusively breastfed son.

“When my son and I nurse, the world moves more slowly; it is time for us to be with one another in a sort of silent conversation. Also, I know that he is getting nutrition and antibodies that will help his health and even fight off illness. I am constantly amazed at how many benefits come from such a simple act.”



J u n e

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Beautiful Beginnings Club Meeting	10	11	12
13	14 Flag Day	15 AABA Peer Counselor Training	16 Beautiful Beginnings Club Meeting AABA Peer Counselor Training	17 AABA Peer Counselor Training	18 AABA Peer Counselor Training	19
20 Father's Day	21	22	23	24	25	26
27	28	29	30	<p><i>Fresh Fruit and Vegetable Month: Fruits and Vegetables can protect against many chronic diseases, like heart disease, cancer, stroke and many others.</i></p>		



Two beautiful breastfed sisters from Northwest D.C.

Benefits to Mom

- Breastfeeding creates a strong bond between Mom and her new baby.
- Mothers return to their pre-pregnancy weight faster.
- Breastfeeding reduces risk of ovarian and breast cancer.
- Breastfeeding mothers have improved self-esteem.
- Parents don't have to warm or sterilize bottles.

July

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July: Picnic Month: Especially during hot summer months, pregnant and breastfeeding moms should remember to drink water every day, especially when picnicking outside.

				1	2	3
4 Independence Day	5	6	7 Beautiful Beginnings Club Meeting	8	9	10
11	12	13	14 Beautiful Beginnings Club Meeting	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

African-American Breastfeeding Alliance (AABA) works with African-American mothers, fathers and families to improve the health of babies, improve access to breastfeeding information and create a breastfeeding friendly culture within the African-American community.

AABA Programs:

- Peer counselor training programs
- Breastfeeding hotline
- Breastfeeding Drop-in Clinic at Howard University Hospital

For information on AABA or breastfeeding, call 1-877-532-8535 or visit them online at www.aabaonline.com.

“Breastfeeding is not only a nutritional choice, it is a way of parenting. Breastfeeding gives you an early opportunity to meet the physical and emotional needs of your baby. It helps to develop secure children and strong families. I am thankful that my husband is so supportive and an active advocate for breastfeeding.”
AABA Peer Counselor from Southeast D.C.



August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 Beautiful Beginnings Club Meeting	12	13	14
15	16	17	18 Beautiful Beginnings Club Meeting	19	20	21
22	23	24	25	26	27	28
29	30	31	<p><i>World Breastfeeding Week: Breastfeeding is another way of saying "I love you".</i></p>			



A beautiful WIC family from Southeast D.C. "I'm glad that I gave them a healthy start. They're not sick, and don't get ear infections. Breastmilk does what they say it's supposed to, and it can't be duplicated by milk in a can. They're always discovering new important things in breastmilk."

S e p t e m b e r

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September is 5-A-Day Month: Set a good example for your children. Eat 5-9 servings of fruits and vegetables a day for good health!

			1	2	3	4
5	6 Labor Day	7	8 Beautiful Beginnings Club Meeting	9	10	11
12	13	14	15 Beautiful Beginnings Club Meeting	16 Rosh Hashanah	17	18 Breastfeeding Family Picnic
19	20	21	22	23	24	25 Yom Kippur
26	27	28	29	30		



“Breastfeeding is a natural thing from God that is good for baby. When they look up into your eyes, you know it makes them happy and keeps them healthy.”

WIC mother from Northwest D.C. with her breastfed son.

October

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Lead Poisoning Prevention Awareness Week: Speak to your doctor about blood lead tests for young children and anyone else exposed to lead.

					1	2
3	4 National Child Health Day	5	6	7	8	9
10	11 Columbus Day	12	13 Beautiful Beginnings Club Meeting	14	15	16
17	18	19	20 Beautiful Beginnings Club Meeting	21	22	23
24	25	26	27	28	29	30
31 Halloween						



WIC mom and baby from Northeast D.C. “[Several years ago] my husband and I were taking care of my sister’s twins, and we kept having to get up in the middle of the night to get bottles ready. So we decided together that we would take the breastfeeding route [for our children]—it’s easier, more convenient, and healthier. I breastfed my first daughter until she was 17 months. It was a no brainer to breastfeed.”

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Election Day	3	4	5	6
7	8	9	10 Beautiful Beginnings Club Meeting	11 Veterans Day	12	13
14	15	16	17 Beautiful Beginnings Club Meeting	18	19	20
21	22	23	24	25 Thanksgiving Day	26	27
28	29	30 WIC Farmers' Market season ends				

November is American Diabetes Month: Did you know that breastfeeding protects your baby against diabetes later in life?

Northwest D.C. WIC mom with her daughter.

“I tried to give her the bottle, but she didn’t like it. I just breastfeed ... I love my baby!”

Signs that your baby is getting enough to eat

- What goes in must come out! By the time your baby is one week old, he should have at least 6 wet diapers and 4 dirty diapers a day.
- Your baby feeds every 1 ½ to 2 hours. Babies have small stomachs, and it’s normal for them to be hungry often.
- Your baby can be seen or heard swallowing.
- Your baby seems satisfied and content after feeding.
- After feeding, your breasts feel softer.



December

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December is Safe Toys and Gifts Month: Make sure items near your baby are safe. Keep plastic bags away, and avoid small parts that your baby could choke on.

			1	2	3	4
5	6	7	8 Hannukah Beautiful Beginnings Club Meeting	9	10	11
12	13	14	15 Beautiful Beginnings Club Meeting	16	17	18
19	20	21	22	23	24	25 Christmas Day
26	27	28	29	30	31 New Year's Eve	



“I breastfeed because it’s healthier, and when she catches a cold, it doesn’t last long.”

Northeast D.C. WIC mom with her breastfed children.

January 2005

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January is Cervical Cancer Screening Month: Women who are 18 years old or are sexually active should have a Pap smear every year, or as recommended by their doctor. Have you had yours?

1
New Year's Day

2	3	4	5	6	7	8
9	10	11	12 Beautiful Beginnings Club Meeting	13	14	15
16	17	18	19 Martin Luther King, Jr's Birthday Beautiful Beginnings Club Meeting	20	21	22
23	24	25	26	27	28	29
30	31					



2004 D.C. WIC Breastfeeding Calendar



Babies are born to be Breastfed.

Sometimes the best gifts are free. Every time you breastfeed your baby, you are giving a precious gift that only you can provide. Give your baby a healthy start!

WIC supports breastfeeding moms, and encourages all mothers to breastfeed, except in rare specific medical situations. All D.C. WIC clinics have Breastfeeding Peer Counselors to support you in your decision to breastfeed. Call your local WIC Agency or the WIC State Agency at 1-800-345-1WIC.

Calendar created by and for D.C. WIC. Photos taken by *Doris Kuehn*. WIC Agencies can call D.C. WIC for permission to reproduce photos at 202-645-5663.

